Carmel Valley Sun

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CARRIER PRE-SORT

FREE

January 8, 1986 — January 22, 1986

Photo by Debi Effron.

Pooh Pond sits high above the valley on Sky Ranch on a parcel owned privately by Dick Newcomb and Jim Peterson. The pond made by an artesian well, was originally used to prove there was an adequate water supply for the Sky Ranch development. According to Newcomb, it took one month of continuous pumping and 1,300,000 gallons of water to confirm that the well was artesianing. The lake itself, explained Newcomb was put in just for wildlife and the beauty of it. It also provides an emergency water supply for fire prevention. The late Robert Akinhead had the sign made and gave it to Newcomb and Peterson.

LETTERS

Deserves Support

If this community seriously wishes to use reclaimed sewage water for golf course irrigation it should support the porposal of the Pebble Beach Community Services District to construct the required facilities. The completion of this project is the only way such reclamation will be accomplished in that area for many years.

The cost of the proposed project would not be borne by us taxpayers. Thus it can not be rejected by us in a required election. The private sector will bear the costs and hope to reocver them through fees and sales.

Some of our local politicians oppose this project on the grounds that there may be a better alternative. This is the same tactic they have used for years to stall any improvement in our perilous water supply deficiency.

There is no better feasible alternative for this proposed reclamation. We taxpayers will not vote to squander 14 million dollars for the alleged alternative. This is the Carmel Sanitary District's aborted project which failed because Federal funding was withdrawn when it was found the project was neither needed nor cost effective. The CSD's proposed project provides no demonstrable environmental benefit, provides no long term expansion of our drought reserve, andd will do nothing to protect the Carmel River and the steelhead fishery we are now destroying. Why should we taxpayers waste money by funding it?

Our money will be put to better use by funding the dam which will convert to beneficial use the thirty or forty thousand acre feet of Carmel river water we now waste to the ocean in the average year.

If the community wishes to see golf courses irrigated with reclaimed sewage it should persuade the politicians to get out of the way and let it happen. The PBCSD's proposal is the only feasible reclamation game in town.

Ed Lee

OOPS

The phone number for the Paul Anka concert was listed incorrectly in the last issue. The correct number is 649-1432.

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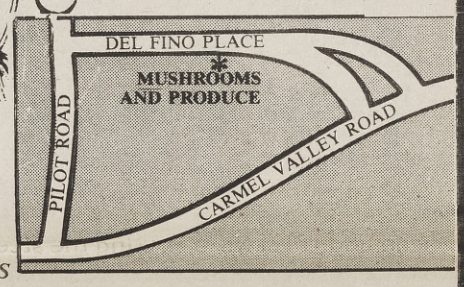
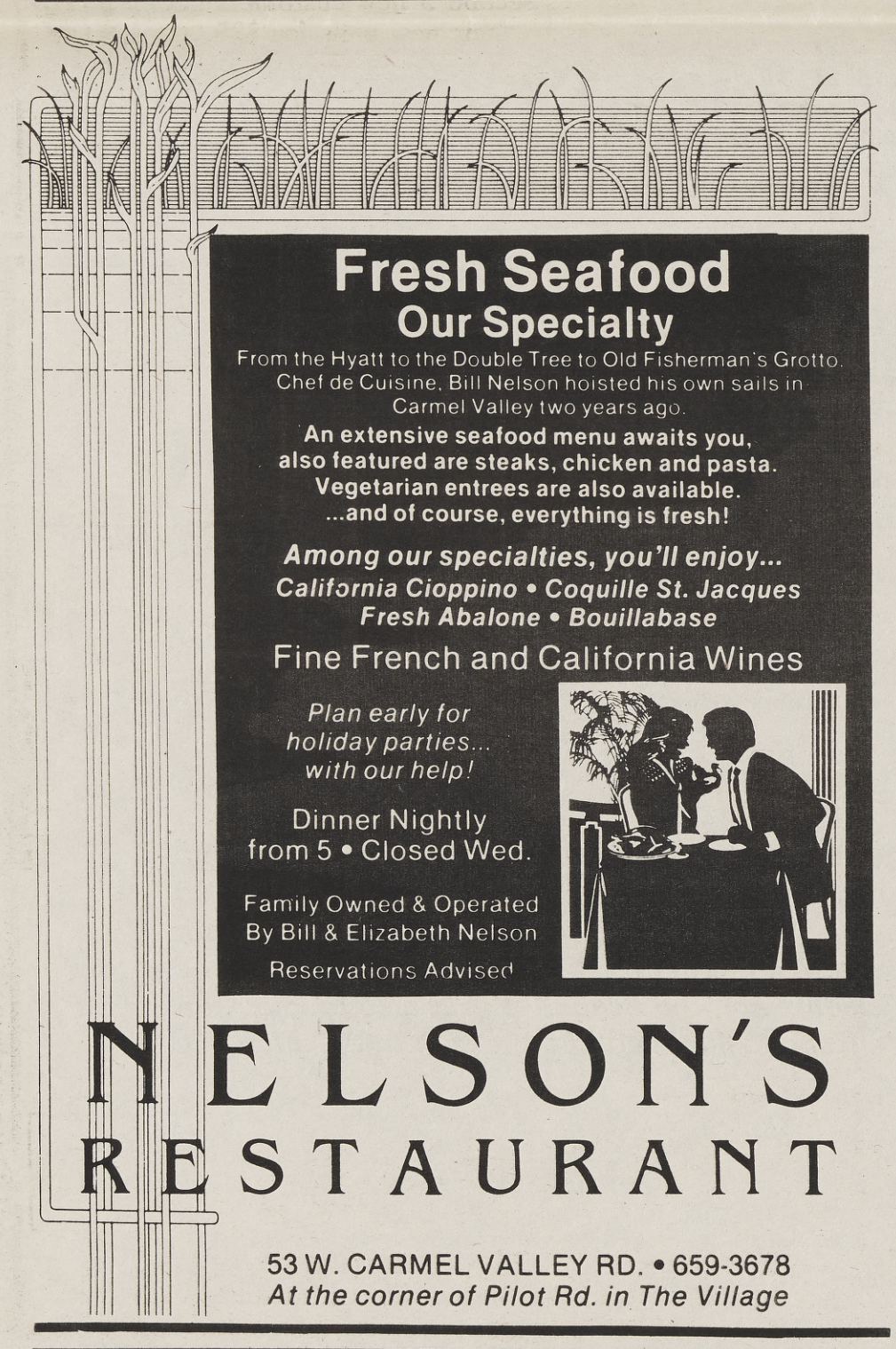


PLAZA LINDA SALSA
—ALSO—
DAIRY AND SODA DRINKS
TRAIL MIXES, MRS. RENFRO'S SALSAS

8 DEL FINO PL CARMEL VALLEY VILLAGE



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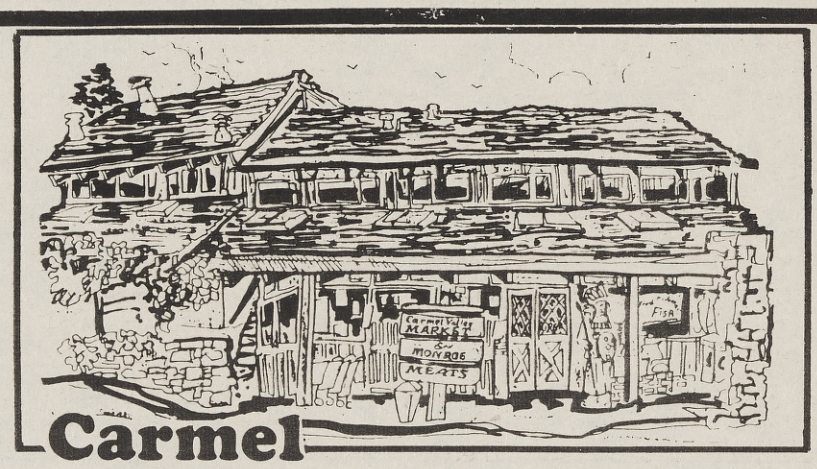

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Myths And Facts About Seat Belts

Myth: *I don't need a safety belt when I'm traveling at low speeds or going on a short trip.* **Fact:** More than 80 percent of all acidents occur at speeds less than 40 mph. Fatalities involving non-belted occupants of cars have been recorded as low as 12 mph. That's about the spped you'd be driving in a parking lot. Three out of four accidents causing death occur within 25 miles of home.

Myth: *I might be saved if I'm thrown clear of the car in an accident.* **Fact:** Your chances of being killed are almost 25 times greater if you're thrown from the car. The forces in a collision can be great enought to fling you as much as 150 feet. You could be thrown into oncoming cars, lacerating objects or your own vehicle.

Myth: *If I wear a safety belt I might be trapped in a burning or submerged car.* **Fact:** Less than one-half of 1 percent of all injury-producing collisions involve fire or submersion. But if fire or submersion does occur wearing a safety belt can save your life. If you're involved in a crash without your safety belt, you might be stunned or knocked unconscious by striking the interior of the car. Then your chances of getting out of a burning or submerged car would be far less.

Myth: *When I have my lap belt fastened I don't need to fasten my shoulder belt.* **Fact:** It is true that a lap belt will protect you from serious injury but a shoulder belt provides important additional protection. During a crash, a shoulder belt keeps your head and chest from striking the steering wheel, dashboard and windshield.

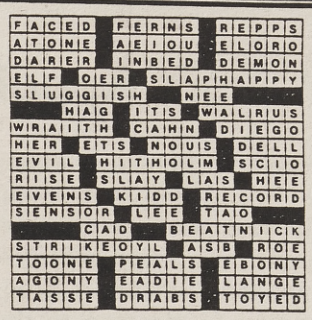
Myth: *A child riding in a car is safest in its mother's arms.* **Fact:** In a sudden stop or crash, momentum will cause a 20 pound baby to weigh 400 pounds or more. You can't hold back that much weight. And if you're not wearing a seat belt, your body could crush a child against the dashboard.

Myth: *Childhood diseases pose a greater threat to my child's health than car accidents.* **Fact:** Car accidents are the leading cause of death for children under five. Almost 1,000 children die each year and thousands more are seriously injured, some permanently. One survey showed that a large majority of those killed or injured in crashes could have been saved if they had been properly secured in a safety seat.

Buckle Up Monterey County

The County of Monterey Department of Health is currently bringing the attention of safety belt use to public awareness through the Passenger Safety Program. With a $200,000 two-year grant Coordinator Diana Jacobson is trying to implement community-based efforts to increase the safety of drivers and passengers in motor vehicles. The project is funded by the California Office of Traffic Safety, and will focus on community education, schools and local industry programs designed to increase people's awareness of the effectiveness of the use of safety belts in preventing deaty and serious injury in motor vehicle accidents and the importance of seat belt use as a good habit.

There are a variety of programs available through the Passenger Safety Program including education, car seat programs and incentive programs. For more information on buckling up or how you as individuals or a business can encourage safety belt use call 757-1061.



PUNishment

"EADIE Was a Lady" (93 Across) was introduced by Ethel Merman in the musical *Take a Chance* in 1932.

The late Edith HEAD (11 Down) won several Oscars for costume design.

An additional theme entry (the funniest of all, we think) was suggested by Henry Hook: "Floor Monty's family" for DECK THE HALLS.

FOR THE PERSON OR PERSONS WHO BROKE INTO MY TRUCK I WILL GIVE A

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starting January 3/call for appointment now!

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Nails by René

Talbott Building, S4, in the Village
(Above Carmel Valley Market)

Sheriff Completes Aircraft Restoration

After almost four years of restoration work, the Sheriff's Cessna 210A aircraft is now a reality. The airplane was acquired from federal surplus in 1981 and picked up from the U.S. Forest Service in Tallahassee, Florida.

Contributions of money and equipment for restoring the Cessna encompass such organizations as the sheriff's Advisory Council, Comsat, AAR-Del Monte Aviation, Aero Enterprises, Inc., the Naval Postgraduate School and the Sheriff's Aero Squadron.

Over 5,200 hours of individual labor went into the actual restoration. Doctor John Caylor, of Monterey, donated over 1,600 hours of his time in the area of electrical and electronic repair. Deputy Ray Miller has well over 1,600 hours of time invested in spearheading the project. The late Mr. Louie Venuti, former aircraft mechanic at Del Monte aviation, had enthusiastically advised and assisted in the overhaul of the Cessna. Mr. Venuti was a long-time member of the aviation community. These are just a few examples of community contributions, said Sheriff Cook.

The Cessna will be utilized for such law enforcement activities as the interdiction of drug trafficing, aerial surveillance, aerial photography, search missions, and mutual aid to other local agencies.

After so many 40s and 50s this sign was a refreshing change.

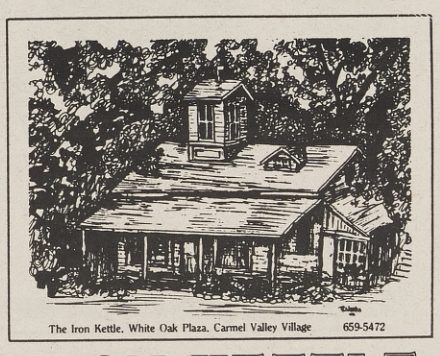
Library To Show Film Classic

The Third Man will begin the 1986 film series at the Carmel Valley Library on January 10.

This is the original 1949 version starring Orson Wells and Joseph Cotton. Movie time is 7:30 p.m. sharp.

Admission is $2 adults, $1 children.

For more information call 659-2377.



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Our new hours will not include Dinner. However, our beautiful historic setting will be available for private dinner parties.

Reservations 659-5472
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CONTENTS

Letters.....page 2
Seat Belts.....page 3
News.....page 4
Crossword.....page 5
Meetings.....page 5
Entertainment.....page 6
Business.....page 7
Health.....page 8
Books.....page 9
Food.....page 9
Travel.....page 10
Voices.....page 12
Classifieds.....page 12

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Dan Derr.....Face to Face
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Louise Riddel-Kaufman..Community Center
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Animal Issues.....Mary Tesoro
Sez Me.....Jo Parrish Butler
Nancy's Kitchen.....Nancy Amato

Carmel Valley Sun

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The Cover

Seen any artesians lately?

Supervisors Appoint Two To Fire Board

At their regular meeting on January 7, Fifth District Supervisor Karin Strasser Kauffman recommended that the Monterey County Board of Supervisors appoint Mr. Eugene J. Erner and Dr. Timothy G. Heaston to the Board of Directors of the Mid-Valley Fire Protection District.

"These appointments are the first two in a series of appointments to be made by January 31, to implement the agreement made by the previous Board and the Volunteer Fire Fighters last November," Strasser Kauffman stated. "The spirit of cooperation among all concerned during these past few difficult months has been inspiring. I am very pleased and proud that service to the community has been uppermost in everyone's mind."

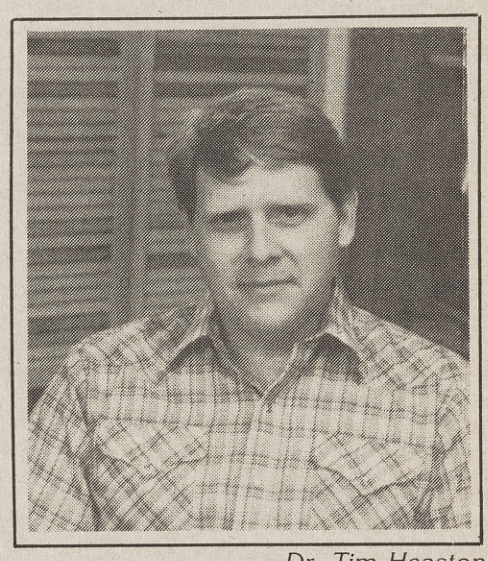
Dr. Heaston is a dentist with offices in Pacific Grove and Carmel Valley and is a resident of the Mid-Valley where he owns the Farm Center Country Store with his wife, Julie. He has served on the Boards of the Jaycees, Easter Seal Society, Carmel Valley Chamber of Commerce and Rancho Tierra Grande Association.

Mr. Erner is a retired naval officer who completed a number of firefighting and damage control courses during his tour of duty. He currently serves on the board of Directors of the Carmel Valley Property Owner's Association, Friends of Hidden Valley, and is a member of the Carmel Valley Kiwanis.

Supervisor Strasser Kauffman will swear the newly appointed Directors at the regular meeting of the Board at 8 a.m., Wednesday, Jan. 15 at the Fire Station.

"Mr. Erner and Dr. Heaston will bring a quality of enthusiasm and dedication to service that residents of the District have come to expect," Strasser Kauffman stated, "and I am confident that their sense of responsibility will help to forge a fine working relationship between Board and Volunteers so that residents of the District will continue to be served well."

Gene Erner



Dr. Tim Heaston

Applicants Needed For Aging Advisory Committee

Fifth District Supervisor Karin Strasser is seeking qualified and interested applicants to serve a three-year term on the Area Agency on Aging Advisory Committee. This committee advises the Board of Supervisors on development and implementation of the Area Plan for senior citizens.

Appointees must be strong advocates of the rights of the elderly and are charged with the responsibility of allocating Older Person's Act monies.

The Committee meets at 12:30 on the third Thursday of each month at various locations throughout Monterey County. Applicants who meet the aforementioned criteria and who are able to meet at the appointed times are urged to contact Supervisor Strasser Kauffman's office at 1200 Aguajito Road or call 649-6515.

Go Cart Raffle Will Be January 18

Will you be the winner. Not unless you take a chance in the raffle sponsored by the Carmel Valley Little League and Kasey's. Grand prize is a Pennzoil mini go cart valued at $800.

The drawing is scheduled for noon, Jan. 18 at Kaseys. Chances are only $1 per ticket and are currently available at Kasey's, M.J. Murphy's, The Chatterbox and Carmel Valley Hair Center.

Proceeds will be used for an electronic score board.

CVPOA Board Meeting Scheduled

The Carmel Valley Property Owners Association Board of Directors will meet at 7:30 p.m., Jan. 8 at St. Dunstan's Episcopal Church. Agenda items include waste water, land use, bylaws, and the general meeting.

The meeting is open to the public.

Garden Association Will Meet Jan. 9

The Carmel Valley Garden Association meeting on January 9, will feature a talk and slide presentation by Mr. Scott Hall of Carmel Highlands. Hall will be emphasizing Pacific Coast Hybrid Iris—his talk will highlight the January theme "Iris Has Many Forms".

The meeting will be at St. Dunstan's in Carmel Valley starting at 8 p.m. It is open to the public.

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Park District Board Will Meet

The Regular Meeting of the Board of Directors for the Carmel Valley Recreation and Park District will be held Jan. 8 at 8 p.m. in the Activity House located at 25 Ford Road.

During the meeting copies of the Preliminary Budget for fiscal year 1986 will be available for inspection. The draft budget was adopted by the Board at their Dec. 11, 1985 meeting.

Highlights of the budget include $55,000 in revenues from benefit assessments and County augmentation funds. The bulk of the income is slated for projects and capital outlays. Other budget items include a $5,000 reserve and $11,000 for operating expenses. Approval of the budget is scheduled for Feb.

At the Dec. meeting the Board also agreed to have District records available for public inspection one hour prior to each meeting. Regular Meetings are the second Wednesday of each month at 7 p.m. in the Activity House.

Inquiries to the District may be presented at the meetings during Public Hearings or by written request to P.O. Box 334, Carmel Valley, CA 93924.

Water Board To Make Budget Changes

Mid-year budget adjustments, authorization of new projects to complete documentation for the proposed San Clemente Dam, and election of officers are among the agenda items for the January 13 meeting of the Monterey Peninsula Water Management District board. The meeting will convene at 7:30 p.m. at the Monterey City Council Chambers, Colton Hall.

A special workshop meeting is also scheduled for Thursday, January 16 to hear a presentation by Bob Bruce of Morrison-Knudsen Engineers on construction of roller-compacted concrete (rollcrete) dams. This meeting will convene at 2 p.m. in the environmental Health Meeting Room, County Courthouse complex on Aguajito Road. Bruce will outline Morrison-Knudsen's experience building the Willow Creek rollcrete dam in Oregon.

Regarding the regular meeting on January 13, the board will review the revenues and expenditures for the first six months of the fiscal year and make any necessary adjustments. Manager Bruce Buel stated that revenues are $110,000 greater than expected, while expenditures are "right on target." The board is expected to use the extra revenues for projects which will expedite the completion of the EIR and other documentation for the proposed San Clemente Dam. These projects include expanding the cumulative impacts section of the EIR to more fully analyze growth impacts, compiling a more detailed topographic map of the proposed dam site, and hiring temporary support staff for project coordination and technical review.

The board will also elect a new chair and vice-chair based on nominations presented at the board meeting. The nominating committee is comprised of board members Charlotte Townsend, Billy DeBerry and Nick Lombardo. The present officers are Patricia Bernardi, Chair, and Billy DeBerry, Vice-Chair.

PWN Will Hold Installation Dinner

The Professional Women's Network of the Monterey Peninsula will hold its Third Annual Installation Dinner on Tuesday, January 28, at the Carmel Mission Inn, at 7 p.m. Reservations are necessary, and may be made by calling The Network at 646-0PWN. Tickets are $16 per person.

The Installation Dinner serves as the formal introduction of the new officers who will serve during the coming year. They will be elected by the Board of Directors on January 15.

A major event at the Installation Dinner is the announcement of The Network's "Networking Woman of the Year." Past winners are Grace Darcy (1984) and Carol Donald (1985). This year's Woman of the Year Committee is compriised of the two past Women of the Year, Darcy and Donald, and Board Member Betty Powell.

The Dinner Committee is chaired by Network president Candace Snow.

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CAROLINE TUGEL
JANETTE CHAPMAN

12 Del Fino Place
Carmel Valley

Crosswords PLUS

See Answer Page 3

Edited by Stanley Newman
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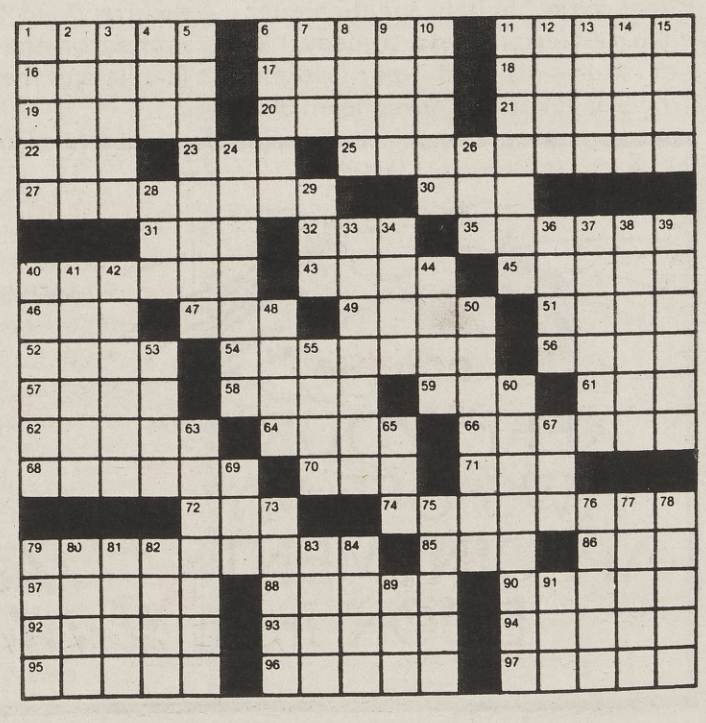
PUNishment, by Jacob B. Morrison

ACROSS

1 Came to grips with
6 House plants
11 Tie fabrics
16 Supply satisfaction for
17 Five of a kind
18 Acapulco gold
19 He presses his luck
20 Still sleeping
21 Evil spirit
22 Subordinate Claus?
23 Not 'neath
25 Drub dwarf?
27 Light into Lillian?
30 Once called
31 Slattern
32 "_____ nothing!"
35 *Odobenus rosmarus*
40 Specter
43 "Let It Snow" lyricist
45 San _____
46 L.B.J. beagle
47 Aliens, to Spielberg
49 Us French?
51 Farmer's home?
52 Malevolent
54 Smack Celeste?
56 Shadow: Prefix
57 Stand up
58 Overwhelm
59 Hispanic article
61 Haw preceder
62 Squares
64 Big name in piracy
66 VCR button
68 Space age device
70 "General _____" (*Dukes of Hazzard* car)
71 Confucian conduct
72 Reprobate
74 Smite Santa?
79 Punch Popeye's pal?
85 Controversial fiber: Abbr.
86 Caviar, essentially
87 Odds ending
88 Tolls
90 Monthly mag
92 Beyond discomfort
93 "_____ Was a Lady"
94 Hope or Jessica
95 Café cup
96 Olive _____
97 Flirted

DOWN

1 Loses luster
2 _____ costs
3 Ionian island
4 Ending for ethyl
5 Disparage
6 Rural exhibitons
7 Nighttime, in poesy
8 Fast food fare
9 Seasonal song
10 Nubia, today
11 Embarrassed Edith?
12 Ancient Italian town
13 Ceremonial splendor
14 Play appurtenance
15 Electronics giant
24 NYSE increments
26 Pepe le _____ (cartoon skunk)
28 4, to Ma Bell
29 Sot's sound
33 Spank storied schizophrenic?
34 "Get lost!"
36 Items often flipped
37 Iterate
38 More frightful
39 Went it alone
40 _____ *Poppa?* (film of '70)
41 Bring to
42 Gone up
44 Invalid
48 Parachute
50 _____ a whip
53 Light focuser
55 Follow on the sly
60 Spanking?
63 Shiner salmon?
65 Cotillion V.I.P.
67 Swindle
69 Actress Charlotte
73 _____ out (determined)
75 Lets up
76 Sardonicism
77 Dismissal
78 Cross-referenced
79 Sports number
80 Frat party wear
81 Down Under jumpers
82 Taverns
83 *My Favorite* _____
84 _____ *Dog*
89 Equality movement
91 _____ Ha (Vietmamese town)



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DINNER: TUES.-SUN. 5:30-10:00
(OPENS TUES. NOV. 5th)
BRUNCH: SAT. & SUN. 9:30-2:00
LUNCH: TUES.-FRI. 11:30-2:30

LOCATION: TAKE HWY 1 TO CARMEL VALLEY RD., MAKE LEFT AND GO 12 MILES OUT CARMEL VALLEY RD. TO ESQUILINE (JUST PAST THE VILLAGE), MAKE RIGHT ON ESQUILINE AND GO OVER THREE LITTLE BRIDGES. AFTER THE THIRD LITTLE BRIDGE MAKE A SHARP RIGHT ON LOS OSITOS. GO UP LOS OSITOS TO THE LODGE WHICH IS ON THE RIGHT HAND SIDE OF THE ROAD.

ENTERTAINMENT

Symphony Will Present Igor Kipnis

Harpsichordist Igor Kipnis will perform in concert January 19, 20 and 23. The performance, sponsored by the Monterey Bay Symphony Orchestra, will include Bach's *Concerto in D minor for Harpsichord and Orchestra, BWV 1052,* Poulenc's *Concert Champetre for Harpsichord and Orchestra,* and Beethoven's *Symphony No. 5 in C minor, Op. 67.*

Mr. Kipnis has received six Grammy nominations and three "Record of the Year" awards. He performs in recital and as a soloist with orchestras throughout the world.

The concert schedule is Jan. 19 at the Sunset Center Theater in Carmel, Jan. 29 at Sherwood Hall in Salinas and Jan 23 at King Hall at the naval Post Graduate School in Monterey. General admission for each concert is $10. Performances begin at 8 p.m.

For more information call 372-6276.

Colorado String Quartet Will Perform

The Chamber Music Society of the Monterey Peninsula will present the Colorado String Quartet at Sunset Theatr, San Carlos and Ninth, Carmel, on Wednesday Jan. 22, 8 p.m.

The Quartet with Julie Rosenfeld and Deborah Redding, violins, Francesca Martin, viola, and Sharon Prater, cello, will play Haydn's Quartet No. 4 in D major, Op. 20, Shostakovich's Quartet No. 3, Op. 73, and Beethoven's Quartet in E flat major, Op. 74 (the Harp).

The Colorado String Quartet was formed in 1976 at the University of Colorado as the Graduate Quartet-in-Residence. In 1978 the Quartet was admitted to Juilliard as scholarship students of Robert Mann and later, from 1980 to 1984, its members were teaching assistants to the Juilliard Quartet. In 1980 and 1981 the Quartet received scholarships to study with the Janacek and Vermeer Quartets at the Britteen-Pears School for Advanced Musical Studies in Aldenburgh, England. The Colorado Quartet has won prizes in some of the most prestigeous chamber music competitions beginning with the First Prize in the 1980 Coleman Competition, the Second Prize in the 1981 International Competition in Evian, France, and in 1983, First Prize in the Banff International Competition and the Naumburg Award in Chamber Music. Since then the ensemble has performed in Alice Tully Hall and the Library of Congress as well as on most of the major concert series throughout the United States and Canada, and many in South America, Europe and the Far East. Everywhere it has been hailed as one of the outstanding quartets of our time and Robert Mann of the Juilliard Quartet says: "They are a fresh and vital new addition to the finest ensembles that now exist." The Quartet is in Residence at the New School of Music in Philadelphia.

Single tickets are $8 at the door before the concert. For information call 372-5981.

VIDEO VIEWS

Courtesy of Valley Video
by Jim Greenan

I've had a few complaints. Seems there is little critical comment in this column, at least, not enough.

There is a reason for this apparent omission. I have not written about films that I can't recommend. I may see a half dozen movies to find three about which I want to write. this doesn't necessarily mean the other three are bad; it means I liked the others better or—sometimes—that they were somehow easier to comment on.

Enough. Here are some movies that are bad to rotten, along with some comment on how to avoid bad stuff.

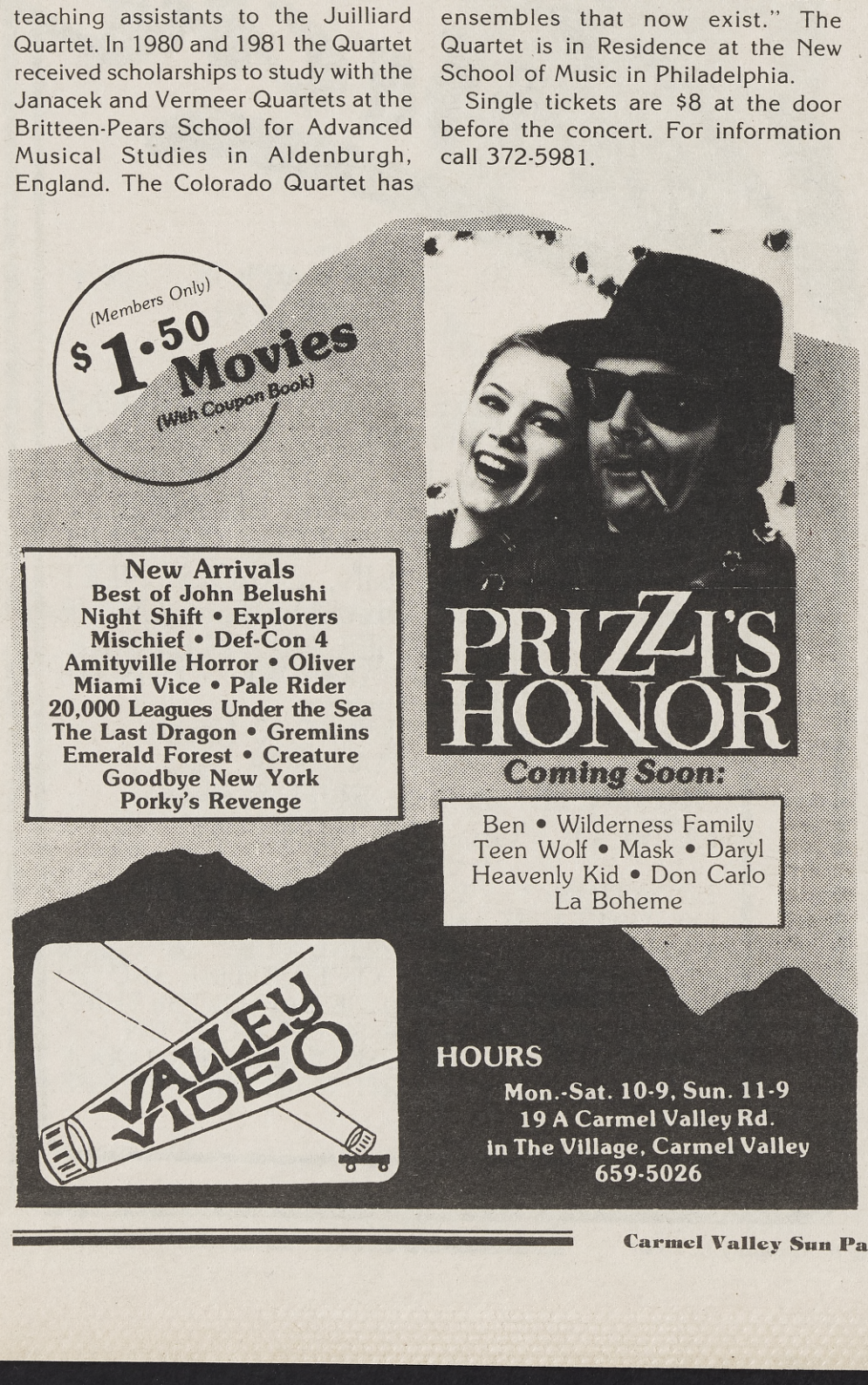
Pancho Villa. rotten. Tely Savalas plays the Mexican folk hero with his New York Kojak accent and from then on the movie gets worse. This is the kind of picture that makes you wonder. Wonder how people capable of pulling together five or ten million dollars—on the low side for a movie production—come up with such a limp script, sad plotting and execrable acting. Like *Heaven's Gate*—which I have not seen—this turkey should have been put in a vault, locked and the key thrown in the Midnanaoan Deep. On a one to ten, score this gobbler a zero.

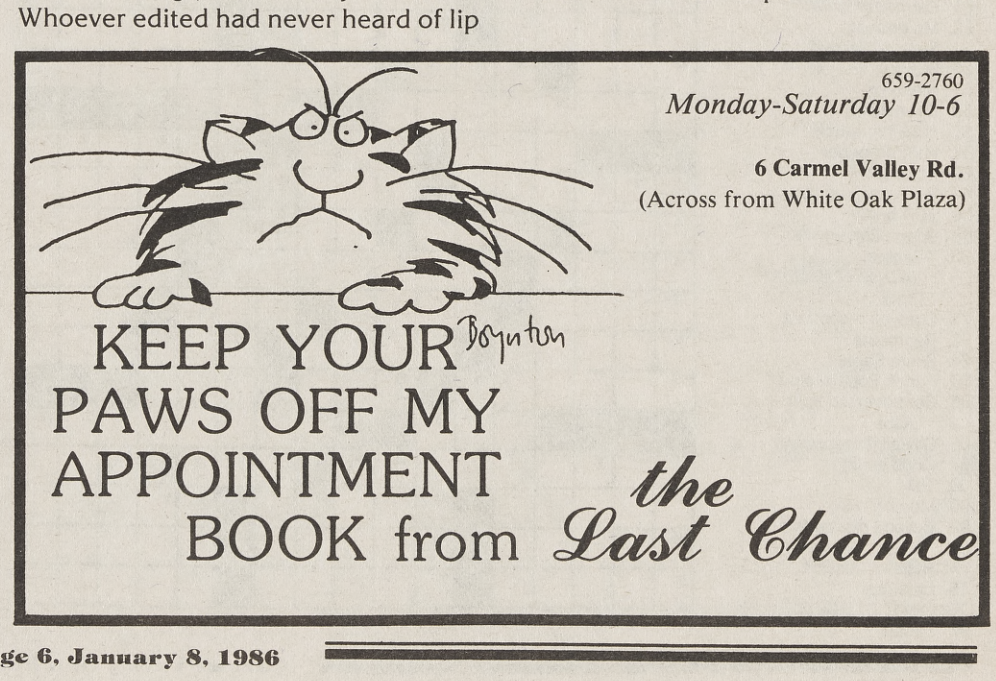
Greaser's Palace. Now this little gem may just win the all time award for bad taste. Like the title? That's just the beginning in this effort. To give you an inkling of what this opus has to offer, let me give you the story line as best I can. This is a movie about the life of Christ, filmed in Italy and then dubbed. It's a Western and a comedy (I am not kidding!) and very violent. Whoever edited had never heard of lip syncing or, if they had, lost the manual. The advanced promotional copy that all video outlets recieve to interest store owners in buying, perhaps tells it all. I have never seen any of this flack writing that says anything derogatory about an offered film. For *Greaser's Palace* they ended with the line, "Not for everyone." That was close, but should have read, "Not for anyone."

If you read the cassette boxing to see if you might want to invest in an evening's entertainment, watch out for certain key sentences. Anything with a dot dot dot and then a brief phrase is suspect. For instance, "...a provocative film..." might really read, "...a sickly, provocative film that makes one wonder about the mental health of this current producer." Or, "...dynamite...! *The New York Times.*" This may have read, "...sleaze dynamite, the worst since Debbie Does the British Army. *The New York Times.*"

Putney Swope, directed by the same ace that put out *Greaser's Palace* is impossible to resist on any list of bad/rotten movies.

It's not hard to say what this is all about—it's impossible. To be more accurate, if not totally explanatory, what can be said is that it contains perhaps the dumbest, most infantile scripting and dialogue yet written in the English language. (Right away, I have a problem. I have no right to state that English was used. Very probably I am incorrect and the original script was crafted on the back of an oar by a Middle-East mental patient in transient

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THE CHAMBER CONNECTION

by Grace Darcy
Executive Director

Now that the holiday tumult has settled into routine, your Carmel Valley Chamber looks forward to another successful year.

The most important news we have for you is that the Chamber has a new president. He is SAL J. NICITA, of S. J. Nicita, Accountancy Corp., Carmel Rancho Lane. Also elected are JO LOMANTO, manager of the Bank of America's Carmel Valley branch, first vice president; PAUL BROCCHINI, owner/operator of The Pewter Shop, second vice president; JUDY CASWELL, owner/operator JCS Word Processing, treasurer; and KIM HARTFORD, O.D., Optometrist, secretary. The officers will be installed at the Chamber's Annual Installation Dinner Dance at Rancho Canada on Saturday, January 25, 1986.

SAL NICITA has been a member of the Carmel Valley Chamber of Commerce for a number of years, and has served on its Board of Directors for the past three years. He has been in the accounting business since 1950, and incorporated his own business ten years ago.

He received his B.A. degree from Fordham University in New York City, and attended Monterey Peninsula College. He is active in community affairs and is a member of the Elks, Moose, and Kiwanis Clubs, past president of the Monterey Peninsula Jaycees, and is active in both the Spalding and the AT&T (formerly Crosby) Golf Tournaments.

It was during Mr. NICITA's term as president of the Monterey Peninsula Jaycees that the Dennis The Menace Playground was built in Monterey, something that he is proud of having had a share in accomplishing.

MR. NICITA served as Monterey County's first Superior Court Administrator in the early 1970s, and also was Assistant County Clerk, and Assistant County Auditor.

We wish SAL NICITA the best as he takes the reins for the Carmel Valley Chamber in 1986.

•

It was a tough decision, as it always is, but the Judges of our Christmas contest have come up with the winners . . Business Category: 1st Prize—Mushrooms & Produce, Delfino Place, Carmel Valley. Runner-up—Robles Del Rio Lodge. Residential Category: 1st Prize—Reid Woodward. No runner up.

The first business category winner was chosen because of the warmth andd charm of presentation. We later learned that Mushroom & Produce owners DONNA HAMILTON and DENIS THUSH had allocated the responsibility for the decorations to DONNA's 6-year-old granddaughter, ANGEL CABRAL. In essence, then, it is ANGEL's love that shone through the decorations. Congratulations, DONNA, DENIS and ANGEL!

The Woodward residence was converted into a home for Dr. Seuss characters. They all were there, basking in the stragegically placed lights, cavorting on the Woodward lawn. The centerpiece of this make-believe fantasy was a "snowman" made from tumbleweeds, the design an idea of the Woodward children. It was a magical display, and delighted the judges.

By the way, a special thanks to the judges, JUDY CASWELL and SAL NICITA, for doing such a splendid job.

•

A special thanks to PETER COAKLEY for being the delightful host he is. As most members know, the Chamber's Christmas Party at Valley Lodge has become a tradition, one that everyone enjoys thoroughly. LOIS LAMAR's spouse, DON LAMAR came along to bartend, and others who were there included RICH HOLINE, VAL and CHUCK McKAY, TIM HEASTON, VAL and LEE MINK, DORIS and SAL NICITA and their daughter, JUDY, NELLIE and PAUL BROCCHINI, ALICE and JACK MAY, ANNE MARSHALL and BRUCE ELWORTHY, JUDY and DAVID CASWELL, and many many more very nice people. One regret: SHERI COAKLEY was ill, and could not join us.

•

On behalf of ALL the members of the Carmel Valley Chamber of Commerce, I would like to wish each and every one of our readers a Happy, Joyful, and Prosperous 1986. Blessings.

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January 13—17, 1986

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To support a healthy and balanced business climate here in Carmel Valley, join the Carmel Valley Chamber of Commerce. The Chamber serves businesses from the mouth of Carmel Valley to the beautiful rural reaches beyond the Village.

Why should you join the Carmel Valley Chamber? Look at these benefits . . .

- **Public Service.** The Chamber works with other organizations and agencies in the Carmel Valley to assure the public good.
- **Public Affairs.** Monthly Chamber luncheons feature speakers of interest to both business people and the community. Chamber luncheons are open to the public.
- **Visitor Promotion.** The Chamber actively promotes our local hospitality businesses. It serves as a "clearing house" for brochures, maps, and information for people who inquire about Carmel Valley.
- **Press Releases.** The public is made aware of Chamber activities through the three local newspapers. The Chamber membership also may use the office to publicize their businesses.
- **Christmas Decorations Contest.** An annual event that finds the Chamber awarding cash prizes to winners in both residential and business categories.
- **Health Insurance.** Special group rates for Chamber members.
- **Newsletter.** A monthly publication brings all members up to date on Chamber and community events.

This week, 4 teams of devoted Chamber members will be calling upon you and telling you why you should join the Carmel Valley Chamber. Team leaders are . . .

- **CHUCK McKAY** Owner/operator McKay's Business Service, Carmel Rancho Boulevard;
- **DR. KIM HARTFORD** Mid-Valley Optometrist;
- **JO LOMANTO** Manager, Carmel Valley Branch of Bank of America; and
- **GARY MOREIRA** Crossroads Management.

Please make these Goodwill Ambassadors welcome and listen to the important message they have for you.
Join the Carmel Valley Chamber this week.

For further information, please call 659-4000.

TO YOUR GOOD HEALTH

EYE-deas

Drs. Irving and Kim Hartford

What do birthdays and eye examinations have in common? They both come around more quickly than we would like. It seems like only last month that you celebrated your birthday or had your eyes examined. Now, suddenly, it's that time again.

You can't put off your birthday, and you shouldn't put off your annual eye examination.

Not only may your vision have changed, but your lifestyle and visual needs may have too. Within the past 12 months, you may have changed jobs, started using new equipment on your job, retired or taken up a new hobby. Any of these lifestyle changes could be placing new and different demands on your vision.

Although eyes work in the same general ways, no two people's eyes are exactly alike. They function differently. And that difference might just need some attention to help you see better. The parts of your eyes may change gradually as time passes. Or they may be more or less different from the time you were born. Each part affects the other.

The most common eye problem affects your ability to see things clearly and sharply. Myopia or nearsightedness is the inability to clearly see things at a distance. People with uncorrected myopia may have difficulty driving a car, enjoying outdoor activities, seeing a movie, or engaging in classroom situations. A person with hyperopia or farsightedness can see distant objects more easily than near ones. For someone with hyperopia, reading or sewing can become difficult and result in such physical discomfort as headaches, burning sensation in eyes and nausea. Astigmatism is a condition which causes objects to appear distorted or blurred regardless of the distance. Amblyopia, commonly called "Lazy Eye" develops when, for any one of a number of reasons, one eye is significantly "stronger" than the other. Since amblyopia often is present in very young children, periodic examinations by an eye care professional should begin at approximately age three while it is still relatively easy to treat. Presbyopia is a common adult problem which is a loss of near focusing ability. Although it is often confused with farsightedness, presbyopia is a natural change that develops as you and your eyes grow older. Your eyes also tend to become dryer as you grow older. In most cases, common vision problems can be treated with corrective lenses or other forms of treatment prescribed by your eye doctor.

If you live a normal lifespan, your eyes will bring you almost 24 billion images of the world around you. And if you ake care of your eyes those images will be as sharp and beautiful as can be. Treat them like the rare and precious possessions they are.

CHOMP To Offer Self Help Classes

The Community Hospital of the Monterey Peninsula will offer a variety of programs during the next few weeks.

A smoking cessation class will begin Tuesday, Jan. 14 at 7 p.m. The class meets Tuesdays and Thursdays for four weeks. The fee, which is $35, includes a Smoking Quit Kit and supportive instruction. Call 624-5311, ext. 1018, by Jan. 10 to pre-register.

A stress management class wil be offered beginning Wednesday, Jan. 15 The class meets at 7 p.m. for four weeks and the fee is $30. Call the Cardiopulmonary Department at 624-5311, ext. 1018, by Jan. 10 to pre-register.

A special three-hour class on hypertension management will be presented Feb. 1. "The Ups and Downs of Blood Pressure: Keeping It Healthy," will offer advice on good nutrition, exercise and stress reduction. The fee is $15. Pre-registration is required by Jan. 15. Call 624-5311, ext. 4558 for more information.

Also available, on Wednesday, Jan. 15 is a free film on chemical dependency. "Romance to Recovery," will be shown at 6:30 p.m. at the Recovery Center of the Monterey Peninsula at 576 Hartnell St., Monterey. A discussion on drug addiction and alcoholism will follow. For more information, call 373-0924.

AIDS Support Group Formed

The Monterey County AIDS Project, a recently formed non-profit organization, is responding to the emerging epidemic of Acquired Immune Deficiency Syndrome.

The Project offers free confidential counseling, advocacy, educational resources, and support services for persons with AIDS, AIDS related complex, their loved ones, and the bereaved. The Project also makes available speakers and printed material for the general public. Monterey County AIDS Project can be contacted by calling 424-5550, 24 hours a day.

Cherry Foundation Offers Yoga Class

Jaya Karls will teach 2 six-week hatha yoga courses at the Cherry Foundation in Carmel. Classes will be on Friday mornings beginning Jan. 10. The intermediate class will run from 9-10 a.m. and the beginning from 10:30-11:30. The sessions will include exercise, relaxation, diet, breathing, and meditation. Fee for the six weeks is $30.

Karls has studied and taught yoga for 14 years and has served in many American and Canadian ashrams (retreats) and yoga centers. She is also a practicing physiotherapist, a natural therapeutics specialist, and a vegetarian cooking instructor.

For more information and to reserve a space call 624-7491.

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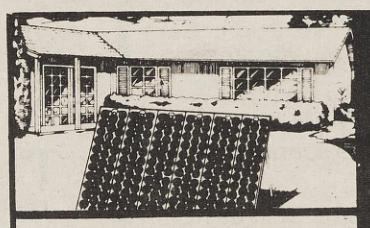

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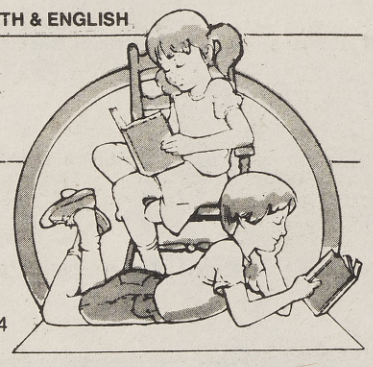

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PEOPLE ARE READING

News from the Carmel Valley Library

by Lou Ray

NOW AVAILABLE

***indicates current best sellers**

1. *Herbs and Apples* — Helen Santmyer
2. *Borderline* — Janet Turner Hospital
3. *Word of Honor* — Nelson DeMille
4. *October Blood* — Francine duPlessix Gray
5. *Goddess* — Anthony Summers
6. *Manny and Rose* — Joan K. Peters
7. *Pastorale* — Jake Page
8. *See You at the Top* — Zig Zigler
9. *The Secret Generations* — John Gardner
10. *At Any Cost* — Morton Mintz
11. *World's Fair* — E.L. Doctorow
12. *Made In America* — Peter Ueberroth
13. *A Gift of Hope* — Robert L. Veninga
14. *The Cat Who Walks Through Walls* — Robert Heinlein
15. *Later Adventures of Tom Jones* — Bob Coleman
16. *London Match* — Len Deighton
17. *Coming Back Up* — Suzanne Lipsett
18. *Cosumel* — E. Howard Hunt
19. *Summer At Fairacre* — Miss Read
20. *Truman* — Richard L. Miller
21. *Minute by Minute* — Don Hewitt
22. *Presence of Evil* — Ian Moffitt

Library Will Present Story Hour Series

Carmel Valley Library announces a new series of pre-school story times beginning Tuesday, Jan. 14 and running through Feb. 18. Sunny Church, Montery County Library Youth Services Coordinator, will be the story teller. Readings begin at 11 a.m. at the Library located at 65 W. Carmeel Valley Rd.

Reservations are appreciated: 659-2377.

NANCY'S KITCHEN

by Nancy Amoto, Caterer and Food Consultant
Courtesy of Tastefully Yours

January seems to be "diet month" and a time to carry out serious resolutions to trim, skin and slim. Of course to succeed the basics are necessary, eating balanced meals, the importance of exercise, cutting down on fats and salt and watching calories.

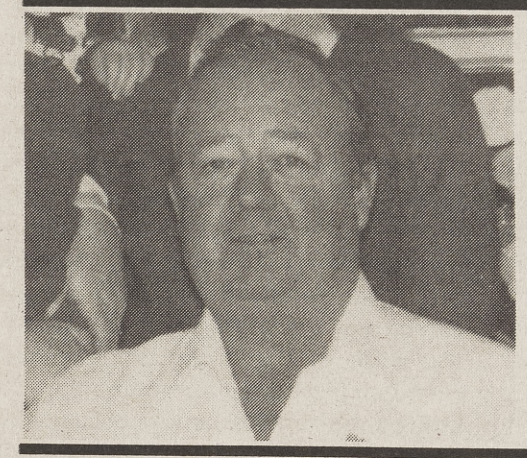
As the lavish parties of December wind down and the new year gets underway, I found out that a nice way to ease myself back into a better frame of mind and body is to combine two notions; a changing attitude toward food and not being trapped into eathing things that do not meet our physical and emotional needs.

A friend of mine gave this recipe to me. It's a vegetarian loaf that meets the protein and nutrients needed in a daily diet. We also agreed that this would be a great back-packing carry in food.

Crunchy Cheese Loaf

1 cup cooked rice (brown)
1½ cups chopped walnuts
½ cup mushrooms, sliced or chopped
1 clove of chopped garlic
1 tablespoon soy sauce
1 cup wheat germ
1 onion chopped
1 tablespoon parsley
1 pound sharp cheddar cheese, shredded
4 eggs beaten

Combine rice, wheat germ, walnuts, onion, mushrooms, cheese, garlic, parsley and soy sauce in large bowl. Mix well. Add eggs and mix well. Pack mix in a well-greased 9x5 loaf pan. Bake for 45-60 minutes in a 350° oven. Test with a toothpick.



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HOME HINTS

Now, with the cold weather upon us, people are thinking of ways to conserve energy and money. There are practical things a homeowner can do which are not very expensive and which do not require technical skills. Be aware, however, of fraudulent devices that are out on the market—but do not work.

Let's start with heating, which is a major expense during this time of year. Those who have older homes, do not have the insulation that the newer homes have. Also, you may have single pane windows. The first thing you can do, is to weather strip the doors and windows. This will keep heat from escaping and cold from entering. Insulated or lined curtains and drapes will also help stop the cold from penetrating the single pane windows.

If you have a fireplace, shut the damper when not in use. It won't be for another year until Santa will visit us again, so don't let your precious heat escape through the chimney. You may even want to consider sealing the opening for even further savings—only if you don't plan on using it.

For heaters and furnaces, replace or clean the filters regularly. A dirty filter will make the furnace work extra hard to reach a given temperature. Set the themrostat at one setting (about 68°-70°) and leave it. Put on a sweater for a few minutes, until your body temperature rises. Raising the thermostat only makes the furnace run longer, it does not make it produce heat faster.

To save on water heating, install a water heater blanket. They're less than $20.00. If you have a gas water heater, keep the blanket a safe distance from the flue and the burners. Set the thermostat at 120°—also consider insulating the hot water line under the house, if possible, as this keeps the water in the pipes hot.

If your house has tile or wood floors, area rugs will help warm the floor which will help keep your feet warm. Don't forget to wear shoes or slippers during those cold nights. And remember, cold floors make cold feet, which make cold bodies; so wrap those toes and put the extra money you save into your pockets!

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GOING MY WAY

Courtesy of Carmel Travel

Being sick is bad enough, but being sick away from home is much worse. Especially if your doctor ordered the vacation—"get away from it all; relax; what you need is a change in scenery"—the last thing you (and your doctor) want is for you to get sick when he's not around. Chances are he ordered the change because you were under a lot of stress, but then so was he, which is why he forgot to tell you that stress lowers your immunity so that when you change your environment to a place where you are not immune to the viruses and bacteria that thrive there, you can expect to catch something—that is, unless you take Thom Gulliver's tips on how to travel and stay healthy.

A recent study of 2,200 British vacationers found that 43 percent were sick when they returned home or became ill shortly afterwards. The secret of staying healthy and having a fun vacation is simple. Experienced travelers have learned that the answer is not to eat too much, drink too much, or exhaust yourself. In fact, you should rest up for your vacation. Don't try to finish all the work that's on your desk, working overtime to the last minute—it will still be there when you return and you'll be able to clean it up much faster if you are refreshed and relaxed from your time away. Try to get as much sleep as you can for the week before you leave. And if you have traveled across three or more time zones, take a nap before you start to work or play.

During your sojourn save some sights and restaurants for the next time you find yourself in this same place. Don't change your level of usual physical activity; don't become a vacation "athlete"; and don't try to taste all the local wines. A personal "first aid" kit is good to have. Include your favorite home remedies for headache, colds, sore throat, and minor cuts and burns—include nose drops, antihistamines, Band-aids, and antiseptic cream. A one-a-day vitamin tablet wouldn't hurt.

If you are traveling only to developed countries such as in Europe, these simple common sense tips will probably suffice. If you need a doctor, any first class hotel can recommend one, or you can call the American consulate for the names of English-speaking physicians. If you need a hospiital, choose the public ones that are associated with a medical school. The quality of care is more assured and they are accesible 24 hours a day. The private hospitals or clinics may or may not provide high quality care; don't take a chance unless you know the referring physician.

If you are going to travel to less developed countries, you would be well advised to join IAMAT, International Association for Medical Assistance to Travellers, 736 Center Street, Lewiston, N.Y. 14092. This highly respected non-profit organization was founded by Vincenzo Marcolongo, M.D., a Canadian physician to assure access to high quality medical care for travelers anywhere in the world. Membership is free but they expect a generous donation to support the work of the organization. Your membership booklet contains the access phone numbers to lists of English-speaking physicians in 120 countries worldwide. The lists are updated daily and include generalists and specialists who have agreed to charge $20 (U.S) for an office visit, $30 for a house call, and $35 for a night visit.

While we are speaking of money, natonalized health care services no longer treat Americans free. The one exception is Denmark. While the cost of medical care is usually less than in the United States, they will demand payment by cash or travelers check at the time of service. Credit cards are usually not accepted. Also, many American insurance plans—including Medicare—do not cover care in a foreign country. If your's does, it is wise to carry some blank claims forms with you for the treating doctor to sign; it will save you considerable time in obtaining reimbursement for the cash you paid out.

Therefore, it is often wise to buy health insurance coverage specifically for your trip. I recommend **Health Care Abroad,** Suite 923, 1511 K Street N.W., Washington, D.C. 20005; (800) 336-3310. Underwritten by Lloyds of London, the premium is only $2 per day for $100,000 sickness and accident coverage with a $50 deductible. They also maintain a list of 1,000 physicians available 24 hours a day, provide evacuation if necessary for appropriate care, and will pay the hospital directly. This or similar coverage is available through your travel agent.

Such insurance is not a substitute for IAMAT membership but it is a good adjunct. IAMAT is essential, I believe, if you are traveling to Asia, Africa, Central America or tropical South America. In addition to the physician directory, IAMAT also provides a Climate Chart for 24 regions of the world, recommending seasonal clothing and information on sanitary conditions of local water, milk, and food—information that is essential if you wish to stay healthy in many tropical areas. They also provide a World Immunization Chart that makes specific recommendations for immunizations necessary for safe travel.

Continued on page 11

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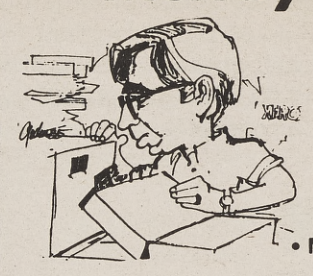

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Video Views Continued from page 6

to a facility for the terminally stupid.)

Putney Swope calls for a Jim Murray type of approach, as in: "Putney Swope makes the bad apple in a barrel look like the Golden Fleece." and "*P.S.* makes pre-Christopher Columbus thinking that the earth is flat look like a brilliant deduction." Some of the repartee from the movie: Putney (a black gentleman with a beard) to a Chinese man who has just become a client of Putney's: "Get in the elevator and shut up!" The Chinese gentleman as the door closes: "I'm one happy Chink!"

Putney is undoubtedly a cult film, joining the *Attack of the Killer Tomatoes, Liquid Sky* and, of course, *Godzilla.* Cult films are very often good, but bad movies are also sometimes irresistible to the intelligentsia. It worries me more than a little that I understand this and in some ways agree with this twisted thinking.

Of a whole other class are movies like *Mike's Murder.* This is not a bad film, it's more a nothing film. It has Debra Winger in it and how bad can that be? Pretty bad, as it turns out.

Mike is a young tennis bum-teacher who seems (nothing is very clear in this) to be a former boyfriend of Winger's. He is also a self-admitted small time drug dealer who (as the action opens) is in trouble for cheating on a drug deal. He has a sleazy friend named Pete.

Mike is murdered. O.K. Now Winger gets more and more bothered by this killing and starts poking around to see why and how. It is never clear why Winger cares so much—the best guess is that they made the script up as they went along and somebody remarked (correctly? that to have things make some sense, Winger should have been in love with the late Mike. Except for a guy who had some pictures of Mike and Winger hanging around a tennis court there is zero foundation for this big love.

The picture messes around for another forty minutes with nothing of note except a brief appearance of a rich black guy who picked up Mike one time on a cross-country driving trip and subsequently had a brief affair with young Mike. It's hard (again? to say what this black guy is all about. He might be a drug dealer, but on the other hand, might just be a rich dude who drives across country occasionally.

The picture ends with a dynamite scene. Winger looking moodily out a window while sitting at a baby grand piano. She plays five notes up and then five down, the camera intently on her fingers. Fade to credits.

Boy, now that scene is food for thought! I mean, it really makes you think. Think about how quickly you can pour yourself a hefty shot of Jack Daniels and turn on a football game.

That's it for this week. I dare any of you to check these gems out and—given the nature of us humans—I don't doubt you will.

Travel
Continued from page 10

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Next month, this column will discuss how to prevent diseases that are endemic—or epidemic—in countries you want to visit, including the greatest health danger for today's traveler—Malaria.

Bon voyage!

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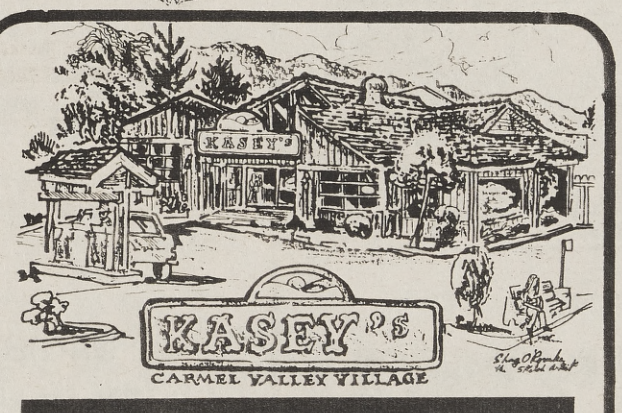

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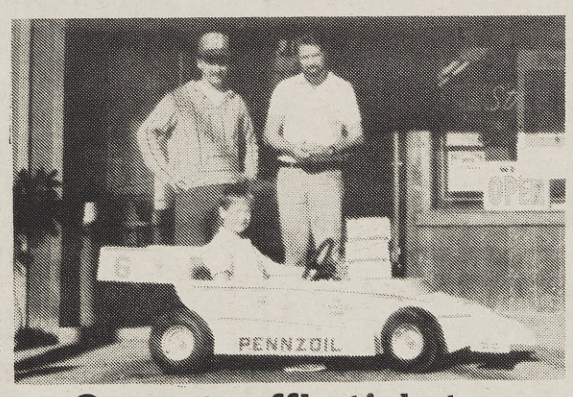

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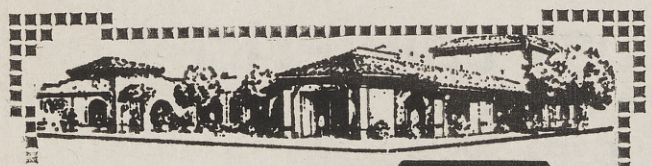

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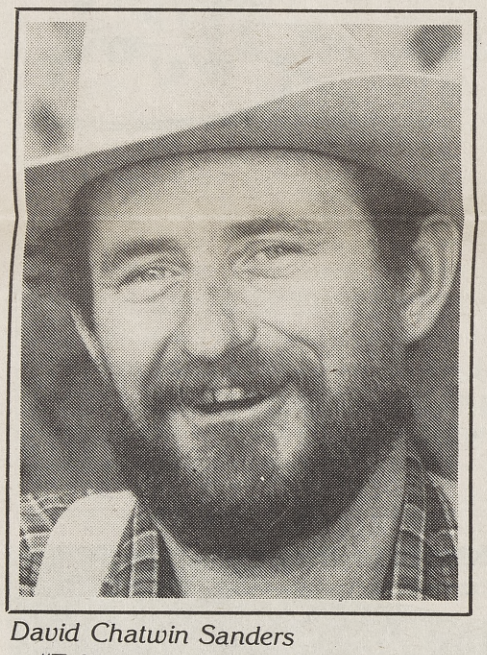
VALLEY VOICES

Photos by Debi Effron.

What bit of knowledge would you like to pass on to others?

Peggy Heneks
"To trust in your friends, love them for who they are and don't try and make them be like you."

David Sanders
"How to skateboard."



David Chatwin Sanders
"Take advantage of your opportunities when they arrive."

Gale Trujillo
"Learn from your mistakes."

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